



Ratatouille Phyllo Wraps

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



35 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 7 sheets athens phyllo shells
- 1 serving olive oil extra virgin extra-virgin
- 0.5 cup breadcrumbs dried plain
- 1 serving coarse mustard
- 1 large egg yolk
- 2 cups frangelico cooled

Equipment

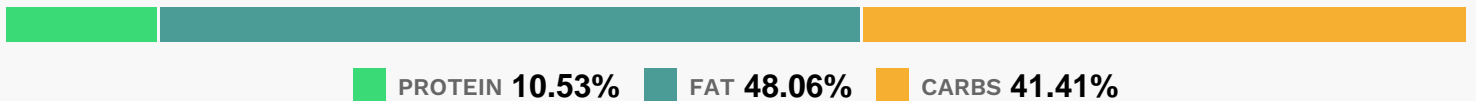
- bowl

- baking sheet
- oven
- pastry brush

Directions

- Preheat oven to 375 degrees.
- Lay 1 sheet phyllo on a work surface, and, with a pastry brush, brush lightly with olive oil. Stack 6 more phyllo sheets on top, brushing each with oil.
- Cut phyllo in half lengthwise.
- In a medium bowl, mix ratatouille, breadcrumbs, and feta; season with salt and pepper. With a spoon, spread mixture lengthwise down center of each phyllo half. Fold one side of each phyllo half over mixture and roll into a log.
- Cut each log into 6 equal pieces and arrange on a parchment-lined rimmed baking sheet.
- In a small bowl, combine egg yolk with 1 teaspoon water.
- Brush tops and sides of each piece with yolk mixture.
- Bake until phyllo is golden brown, 15 to 20 minutes.
- Let cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0943478255168%

Nutrients (% of daily need)

Calories: 34.93kcal (1.75%), Fat: 1.88g (2.89%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 3.42g (1.24%), Sugar: 0.29g (0.33%), Cholesterol: 15.3mg (5.1%), Sodium: 39.44mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.85%), Vitamin B1: 0.05mg (3.12%), Selenium: 2.07µg (2.96%), Manganese: 0.04mg (2.19%), Folate: 6.91µg (1.73%), Vitamin B2: 0.03mg (1.52%), Vitamin B3: 0.3mg (1.51%), Iron: 0.27mg (1.5%), Vitamin E: 0.21mg (1.4%), Phosphorus: 13.4mg (1.34%), Calcium: 10.34mg (1.03%)